

TRENDY TIMES

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The Mollie Chronicles - Rescued!

A puppy's journey from abandonment to her forever home

By Marianne L. Kelly

"Wow! It looks like my humans are taking me for a ride. I love car rides! They had been angry with me. I don't know what I did wrong. I'm just a baby."

Thus begins five month old Mollie's odyssey from a lost, abused, frightened and abandoned puppy from South Carolina to her forever home in Vermont.

A pregnant Mollie was summarily and without a second thought tossed from her car by her "dad."

She wanders alone, lost over strange roads looking for food and shelter, losing her pups and losing hope. "How will anyone find me?" she asks. "What did I do? I did my best to love them."

As she wanders lost, cold, hungry and alone, she wonders, "Who will feed me and put me to bed? Where are my humans?"

Just as she was about to lose hope, a car pulled up and a very kind lady, who later became Mollie's foster mom, picked up Mollie, reassured her that she was safe, wrapped her in a cozy blanket to keep her warm and took her to safety where she was fed, vetted and cared for until she was strong enough to find a forever home.

Meanwhile in Vermont, a family grieving the loss of their 15 year old Lab mix, Lady, decided to honor her memory by adopting another dog. As it happened a friend of this family heard about Mollie's plight and sent them her picture. It was love at first sight, and Mollie was on her way to love, fun and securi-

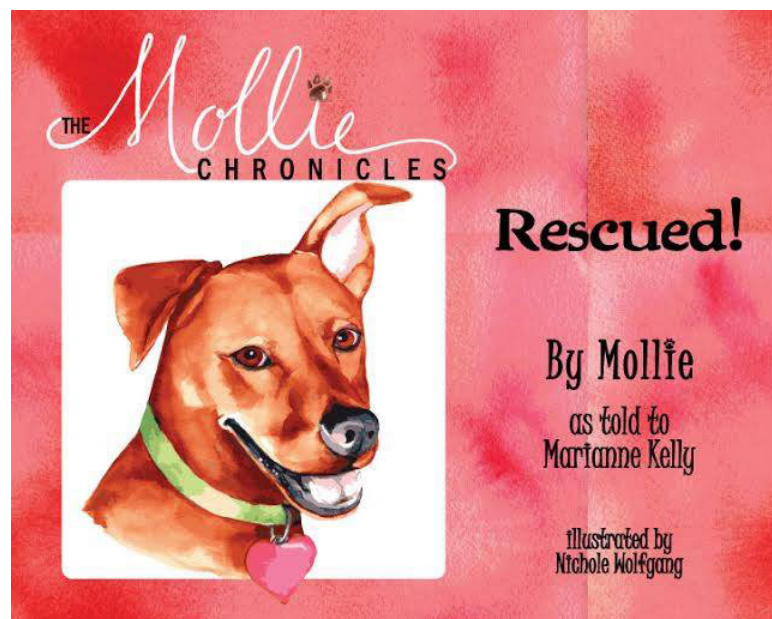
ty. "Please stop calling her Stinky, said her new mom. Her name is Mollie and her home is with us."

Follow Mollie's journey with several "rescue drivers" as she makes her way from South Carolina to Vermont wondering, "Where is Vermont? How will I get there?" Experience her first few weeks as she adapts to her new home, thinking puppy thoughts, doing puppy things and laugh as she gets into puppy mischief.

Mollie's story is a tale of loss and love, and is bound to touch the hearts of children of all ages, especially those aged 5-9.

As Mollie is fond of saying, "I may get into mischief, but I am never in trouble!"

"The Mollie Chronicles - Rescued!" is the first in a series, and will make a special gift that will be handed down



and treasured for years, by the children on your list.

The price for this 28 page, beautifully illustrated book by local artist Nicole Wolfgang is \$12.95 + \$3 shipping and handling. All books are signed by Mollie who will per-

sonalize them with the recipient's name.

For more information call Marianne Kelly at (802) 222-9258 or email: mlkelly9258@gmail.com

Check out her Facebook page: The Mollie Chronicles.

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TRENDY Dining Guide

Happy Hour Restaurant

It could be called destiny. Or perhaps a happy circumstance. Call it what you will but for us Black Friday ended with a chance to visit a long time local favorite. The Happy Hour Restaurant on Main Street in Wells River undoubtedly had a very busy Thanksgiving Day as they have provided a great offering on that day for many years.

Like I mentioned though, this was the day after Thanksgiving. Sure we had leftovers in the frig, but decided to have something besides turkey for supper. (I should mention that we did hear one person who came in to eat by himself, order the roast turkey, and the waitress mentioning that it was the first order of that nature she had all day. He commented that he had not

gotten any turkey the day before so came here to get his share.)

Now for us, we did not order turkey. I really looked over the menu and honestly had a hard time deciding what to pick. Then I asked our waitress about the monthly special. "Stuffed shells" she told me. They came with a garlic bread stick and a Caesar salad. So that's what I ordered. My wife went with a more traditional steak tip dinner. It came with two sides and she went with a Caesar salad and baked potato. Now let me mention that the Happy Hour does have a very nice salad bar, but sometimes just getting a salad delivered to you works as well.

My stuffed shells were a great choice. They were very far from turkey though

they were so big that I needed to use a knife to cut them. Actually a fork worked well, but the baking dish in which they were served was deep enough to make a fork a bit more difficult to use. The thick sauce they were served in was quite tasty and the garlic stick topped off the meal just fine. In order to go with full disclosure I choose another special to go with the meal, Sam Adams seasonal ale. This was also a good match for the meal.

Regarding my wife's steak tips (medium rare, please) and baked potato, they were nothing less than what we would expect at the Happy Hour. Nicely cooked just as ordered and full of flavor.

One other aspect of any dining experience is the

waitstaff and/or the hostess that you, as customers, interact with. On this night we were warmly greeted at the door by a young lady working as hostess. She quickly found us a booth, and did so with all other guests that we saw come in the front door. Our waitress was also quite prompt as she came to our table very early to ask if we were interested in a beverage. She was also on the button getting back to us at

the right time to take our order. The serving of the food was also done in a timely manner (the entrees showed up just as we were finishing up the salads).

So again, to no surprise to me, our trip to the long established Happy Hour was a pleasant one. It featured good service, good food, and prices that are reasonable (under \$38 before tip) for a night out.

Volume 7, Number 5

December 8, 2015

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PLAZA SUITE by Neil Simon at Jean's Playhouse

Next up at Jean's Playhouse is the Playhouse Players' community theatre production, PLAZA SUITE by Neil Simon, that genius of contemporary American comedy! Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza.

A suburban couple take the suite while their house is being painted and it turns out to be the one in which they honeymooned 23 (or was it 24?) years before... and was yesterday their anniversary (or is it today?) Next, a Hollywood producer, looking for fresh fields, calls a childhood sweetheart for a little sexual diversion. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where her guests – and her groom – await her. PLAZA SUITE is presented by the community theatre group the Playhouse Players on December 11 & 12 at 7:00 PM and December 13 at 3:00 PM. All tickets are \$15.

Join us on Wednesday, December 30 for Warren Miller Entertainment's 66th snow sports film, Chasing Shadows. Watch JT Holmes, Seth Wescott, Caroline Gleich, Steven Nyman, Marcus Caston and more as they pursue turns on the mountains of our dreams: Chamonix, Alaska's Chugach, the Chilean Andes, Utah's Wasatch and the mightiest range of them all: the Himalaya. These athletes are masters in their element, and with every cliff drop, perfect line and neck-deep powder turn, they motivate us. Warren Miller once said, "A pair of skis are the ultimate transportation to freedom," and this year, we're chasing storms, snow, lines that live on the world's highest peaks, and the freedom that these things grant us. A second show time has been added due to extreme demand – get your tickets early! December 30 at 4:00 & 7:00 PM; all tickets \$15.



Attached Photo Caption: Join us for PLAZA SUITE at Jean's Playhouse, December 11-13, 2015

erates the professional comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.

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A Dedicated Public Servant of New Hampshire

Op-Ed by Tom Thomson

A few weeks ago Presidential Candidates began signing up for the "First in the Nation Primary", which in 2016 happens to be the 100th Anniversary of the Presidential Primary for our great state of New Hampshire.

There are many people within New Hampshire who have played major roles in setting up, maintaining and protecting the "First in the Nation Primary" but our current Secretary of State, William Gardner, has been this State's longest and strongest defender of New Hampshire's "First in the Nation Primary".

Years ago at a very young age, Bill Gardner ran and won as a young Democrat in the State Legislature. In 1976 he decided to run for New Hampshire's Secretary of State and won and has been reelected ever since. Bill Gardner is the longest serving "active" Secretary of State in the United States and I would add that he is one of the longest serving "Public Servants" in our state and one of New Hampshire's great "Statesmen" and I am thankful for all he has done for New Hampshire.

I know of no other elected official that has had such an open door policy as Bill Gardner. To be clear I have known Bill Gardner for many years; he was elected in 1976 (at age 28) when my

father was Governor of New Hampshire. They were good friends, and I also consider him a good friend, as do many others in New Hampshire.

A number of weeks ago I read about some breaking national news in which former Vt. Gov. Howard Dean; Presidential Candidate in 2004, (remember "Screaming Dean") and 2006 Chairman of the Democratic National Committee (DNC) publicly dressed down our favorite Secretary of State William Gardner on WKXL radio. Governor Dean stated "That Secretary Gardner has become autocratic and that candidates hate dealing with him and that the real threat to our first in the nation status is Secretary of State Bill Gardner". Really, Howard Dean; what Planet are you living on!

As DNC Chair, Dean tried to change the primary dates and failed in large part because of Bill Gardner who was following New Hampshire law which requires Primary Day be set one week before any other State.

From Nov. 4th, through Nov. 20th, 2015 those Candidates who wished to sign up to run for President in the "First in the Nation Primary" went to the State House and met with Secretary Gardner to sign up in order to have their name placed on the ballot. I personally have seen Candidates sign in and this year we all saw the

many photos, articles and live TV of both Democrats and Republicans signing up to run and I never saw or heard one negative comment about Secretary Gardner.

A total of 58 Presidential Candidates signed up to run for the highest office in the United States from more than 26 different states and each made out a \$1000 check for a total of \$58,000 which goes into our state's general fund. This is just a fraction of the millions of dollars that flow into our state's economy every four years due to the "First in the Nation Primary". But more importantly our small state with it's politically astute citizens, levels the playing field so anyone can run for President, regardless of their political connections, their name recognition, or the size of their wallet and this is good for America.

Bill Gardner has been New Hampshire's Secretary of State for the last 40 years and has been the protector of our "First in the Nation Primary" which celebrates it's 100th Anniversary in 2020, and a big part of it's success is because of our respected Secretary Gardner.

I encourage everyone to take a minute and send a note, stop by or give a call and thank Bill Gardner for all he has done for New Hampshire.

I also encourage you to ask each Presidential Candidate to pledge that they will continue to support New Hampshire's "First in the Nation Primary".

Cottage Hospital Auxiliary Starts Christmas Season With Memories

WOODSVILLE, NH - Cottage Hospital Auxiliary members started the Christmas season with the lighting of its Memory Tree on the evening of December 1st. The Auxiliary's annual memory tree program enables its members, hospital staff and community members to recognize the memory of loved ones with a donation placed on the memory tree. This year's annual memory tree program was lead by Auxiliary member Barb Fitzpatrick as 30 members and friends gathered for a prayer reading by Auxiliary member Chris Roberts and a blessing of the memory tree by Reverend William Watts, Pastor, St. Luke's Church, Woodsville, who also offered inspirational words to honor the memory of those remembered and those not remembered. Auxiliary member Karen Rajsteter had the honor of lighting the memory tree and Auxiliary member Lori Thompson read the names of all of the loved ones whose memories were recognized this year.

"The Auxiliary wants to express its thanks to Rev. Watts and his wife, Noreen, for performing the blessing and joining our members and friends as we start the Christmas season remembering those important in our lives," stated Marcia Selent, Auxiliary President. "The Cottage Hospital Auxiliary wishes all a Merry Christmas and a happy and healthy New Year."

Due to rain the ceremony was held in the main corridor of Cottage Hospital. A replica of the memory tree is in a display case near the hospital's cafeteria for public viewing and contains ornaments with the names of all loved ones.

Immediately following the memory tree lighting ceremony, Auxiliary members got into the Christmas spirit and transformed into Santa's helpers as they decorated Christmas trees in three of the hospital's patient waiting areas and the cafeteria. They also decorated two Christmas trees in the Rowe Health Center patient waiting areas and placed wreaths on the hospital's front corridor of windows and kissing balls on the grounds of the hospital and health center. Memory Tree Ornament Forms are available at the front lobby desk of Cottage Hospital and ornaments can be purchased up through December 24th. Donations received will help fund the Auxiliary's annual ongoing projects to support Cottage Hospital and Rowe Health Center. PO Box 143, Woodsville, NH, 03785

Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

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Arts Alliance Brings Theater Improvisation Workshop for Students to Littleton

LITTLETON — Theater artist, educator and improviser Jocelyn Duford will offer a half-day theater workshop for students ages 9-15 at the Littleton Opera House on Tuesday, December 29, from 9:30 a.m. to 12:30 p.m.

Jocelyn returns to Littleton after leading a popular short session last spring that included theater students, Destination Imagination participants, and some theater novices looking to try something new. Participants at all levels of theater experience are welcome to attend. This session will include a variety of theater games and exercises to improve and strengthen improvisational skills.

Jocelyn is becoming a frequent face in the region — she has been seen in three different shows by Not Your Mom's Musical Theater in the last two years, most recently in a solo performance at the Medallion Opera House. She will return to the Medallion as a cast member of The Musical of Musicals: The Musical! on Friday, February 12, when the Arts Alliance of Northern New Hampshire presents the hilarious off-Broadway musical.

Jocelyn was born, raised, and currently resides in southern New Hampshire. She earned her Bachelor of Arts in Theater from Dartmouth College in 2010 and has been performing throughout New Hampshire and Massachusetts as an actress and vocalist since graduation. When she's not performing in musical theater, she works as a Mad Scientist, touring New England leading classes, performances and camps that teach science to children.

"Jocelyn's workshop was extremely popular this

spring, and the participants really wanted her to return. She's a wonderful teacher and performer and her energy and enthusiasm are infectious. We hope to see a mixture of new and returning faces at the workshop," says Arts Alliance director Frumie Selchen.

Pre-registration for the workshop is strongly encouraged — a minimum number of students will need to pre-register for her to make the trip north. Cost for the three-hour workshop is \$25. In keeping with Arts Alliance policy, scholarships are available if the registration fee is a hardship.

To learn more and register, please visit www.aannh.org or call Arts Alliance program manager Jamie Feinberg at (530)-727-8750 with any questions.

The Arts Alliance of Northern New Hampshire



is a non-profit organization that promotes, supports and sustains culture, heritage and the arts throughout the North Country, serving as a network for arts information and arts programming.

The Arts Alliance of Northern New Hampshire offers a theater improvisation workshop with Jocelyn Duford for students ages 9-15. Cost: \$25, with discount for Arts Alliance members and partial scholarships available. Pre-registration is strongly suggested. Questions? Email Programs@aannh.org, call (530)-727-8750, or visit www.aannh.org.





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Thank You

I would like to thank all of the caregivers, Respiratory Therapists, doctors at Cottage Hospital and DHMC that cared for me during my recent illness. Plus all the calls, visits and prayers.

And most of all my loving wife, Dawn, who was by my side 24/7 giving me the courage not to give up.

We would also like to thank all our friends, neighbors and family who helped us with winterizing the house, rides to DHMC, washing, looking after the cats, getting our mail, providing suppers, the phone, the Kindle, and just being there when we needed it.

God Bless every one of you.

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9-2X6X20 \$5.94	44-2X12X18 \$19.99
105-2X10X16 \$11.99	82-2X12X12 \$12.99
88-2X8X14 \$10.66	163-2X6X10 \$5.83
1226-1X3X12 \$9.99	186-2X4X8 \$2.50
291-1X4X12 \$2.50	

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60 PCS. ASPHALT IMP 4X8 \$6.00

Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

DAILY THRU CHRISTMAS

LEBANON ART & CRAFTS ASSOCIATION
10:00 AM - 4:00 PM
66 Benning St. (behind Shaw's) West Lebanon
See Ad on Page 7

WEDNESDAY, DECEMBER 9

MONTHLY MEETING -
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

WEDNESDAY-FRIDAY, DECEMBER 9 - 11

gingerbread house registration
Littleton Food Co-op

THURSDAY, DECEMBER 10

FREE COMMUNITY DINNER
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

FRIDAY, DECEMBER 11

AMERICAN LEGION RIDERS MONTHLY
MEETING
6:00 PM
American Legion Home, Woodsville

PLAZA SUITE

7:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

SATURDAY, DECEMBER 12

NORTH COUNTRY HEART AND SOUL
10:00 AM - 3:00 PM
Bradford Methodist Church Hall
See Article on Page 11

RINGING IN THE HOLIDAYS SAMPLING EVENT

12 NOON - 3:00 PM
Littleton Food Co-Op

PLAZA SUITE

7:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

SUNDAY, DECEMBER 13

BARNET 8TH GRADE CRAFT SALE
10:00 AM - 3:00 PM
Barnet School

BENEFIT TEXAS HOLD 'EM POKER

1:30 PM
American Legion Post 58, Maple St. St. J. Vt.

PLAZA SUITE

3:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

MONDAY, DECEMBER 14

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

JACOB MARLEY'S CHRISTMAS CAROL

6:30 PM
Davies Memorial Library, Lower Waterford

TUESDAY, DECEMBER 15

NH STATE VETERANS COUNCIL
REPRESENTATIVE
8:30 AM - 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, DECEMBER 17

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

FRIDAY, DECEMBER 18

ANNUAL BLOOD DRIVE
12:00 NOON - 6:00 PM
Morrill Municipal Building, North Haverhill
See Article on Page 18

MEMORY TREE LIGHTING & POT LUCK

6:00 PM
American Legion Home, Woodsville
See Ad on Page 8

SATURDAY, DECEMBER 19

GROTON GROWERS HOLIDAY MARKET
10:00 am - 1:00 pm
Groton Community Building
See Ad on Page 7

CHRISTMAS PARTY & YANKEE SWAP

6:00 PM
American Legion Home, Woodsville
See Ad on Page 8

SUNDAY, DECEMBER 20

CHRISTMAS PAGEANT FOR ALL
NEWBURY CONGREGATIONAL CHURCH
SEE AD ON PAGE 15

THURSDAY, DECEMBER 24

Christmas Eve Candlelight Service
6:00 PM
Lyman Bible Church

SUNDAY, DECEMBER 27

ACOUSTIC MUSIC JAM
1:00 - 5:00 PM
Clifford Memorial Building, Woodsville

MONDAY, DECEMBER 28

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 29

THEATER IMPROVISATION WORKSHOP
9:30 AM - 12:30 PM
Littleton Opera House
See Article on Page 5

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational
Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, N.
Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT
STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS
CLASS 2:00 PM - 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM - 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1 PM - 2 PM - North Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

Each year Kinney Drugs has a "Be a Santa for a Senior" wish tree. Tell us what you would like from Santa to bring you from Kinney Drugs. Your wish is put on an ornament with your first name only. This year if you would like to make a wish, you need to let Vicky know by either calling or stopping as soon as possible, so we have adequate time to give them to Kinney Drugs.

Friday December 18, the Senior Center will have our holiday celebration. There will be a fine meal served and music provided by Mary Robertson. Please come and join us for the celebration.

The Orange East Senior Center will be closed on Thursday, December 24 and Friday, December 25 for the holiday. We will also

be closed on Thursday, December 31 and Friday, January 1st.

The Orange East Board Meeting in Monday, December 21st at 12:45 p.m. The public is welcome to attend.

The Orange East Senior Center has gift certificates available for lunch at the senior center for that hard to buy for person.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The Orange East Senior Center is thinking about starting a basket weaving class-if you are interested in taking this class-please give the center a call.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class is on Wednesdays from 3:00 p.m.

until 5:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. On Tuesday and Thursday exercise, class includes balance-building exercises.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Haverhill Corner Library Announces Final Neil Gaiman Discussion

The Haverhill Corner Library will sponsor a discussion of *The Ocean at the End of the Lane* by Neil Gaiman, the library has announced. The discussion will be held at the library on Monday, December 14 at 7:00 PM and will be free and open to the public.

This is the third in a series of book discussions about Gaiman's work. Copies of *The Ocean at the End of the Lane* are available to borrow from the library in advance.

Published in 2013, *The Ocean at the End of the Lane* was a number one

Bath Library Book Club

The Bath Library Book Club will be discussing "The Dry Grass of August" by Anna Mayhew on Thursday, January 14th at 5 pm at the Bath Public Library.

On a scorching day in August 1954, thirteen-year-old Jubie Watts leaves Charlotte, North Carolina, with her family for a Florida vacation. Crammed into the Packard along with Jubie are her three siblings, her mother, and the family's black maid, Mary Luther. She could never have predicted the shocking turn their trip will take.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00pm to 5:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrary@together.net.

New York Times bestseller and was voted "Book of the Year" in the British National Book Awards. It tells the story of an unnamed narrator who returns to his hometown after forty years to attend a funeral. On an impulse, he visits the farm down the lane from the house in which he grew up, only to find himself overwhelmed by memories of the strange girl he knew there and the dangerous encounter they shared with the other-worldly.

USA Today hailed the novel as "worthy of a sleepless night . . . a fairy tale for adults that explores both innocence lost and the enthusiasm for seeing what's past one's proverbial fence . . . Gaiman is a master of creating worlds just a step to the

left of our own." And the London Times said, "[Gaiman's] prose is simple but poetic, his world strange but utterly believable—if he was South American we would call this magic realism rather than fantasy."

The author of novels, film and television scripts, and comic books, Neil Gaiman was born in England and now lives in the United States, where he is Professor of Arts at Bard College. He first gained recognition for his ground-breaking comic book *Sandman*. His work has won the Hugo, Nebula, and Bram Stoker awards, as well as the Newbury and Carnegie Medals. His other books include *American Gods*, *Anansi Boys*, *Coraline*, and *The Graveyard Book*.

Groton Free Public Library⁷ Upcoming Programs

Fri, Dec. 11 at 4:30pm: Zentangle Basics and Beyond! Open to kids & adults. Learn the basics of zentangle, create your own ZIA or zentangle-inspired art, and find new ways to apply zentangle to your craft such as to origami, cards, & scrapbooks. New zentangle pattern instructions included for experienced zentanglers! Please sign up. All supplies provided.

Sat, Dec. 12 at 4:00pm: 3rd Annual Gingerbread House Decorating. Create your centerpiece – or dessert! Join other "big kids" (adults) for some free, sweet, wintry fun. All invited to bring a bag of edible house decorations to share. Space is limited & houses are provided -- please RSVP: 802-584-3358 or grotonlibraryvt@gmail.com. Children ages 10 & up welcome with an adult.

Mon, Dec. 21 from 3-5pm:

Gingerbread Houses 4 Kids! Kids of all ages welcome to drop in to decorate an edible house to take home.

Wed, Dec. 23 at 10:30am: The Traveling Storyteller. Holiday cheer comes alive in two puppet shows, "A Wish to Be a Christmas Tree" and "The Gingerbread Boy." Songs and wiggles make this a family-friendly morning of puppetry, with a craft to follow! Open to all ages.

Crafts & Conversation. Every Wed. from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Lebanon Art & Crafts Association 43rd Christmas Show & Sale



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For a map and show details visit: www.lebanonartandcrafts.org Or scan the QR Code to learn more and save to your mobile device.

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MERRY CHRISTMAS!

Children living in Lisbon, Lyman and Landaff are invited to call Santa at the North Pole at 838-5043 starting Sunday, Dec 13th through Wednesday, Dec 16th from 6:00 pm to 8:00 pm.

If you have been good this year, I will come visit you at home on Christmas Eve and bring a stocking and some special treats!

SPONSORED BY THE LISBON LIONS CLUB

Friday, December 18th
Reading of Legion's Christmas Memorial Tree
6 P.M.
(Pot Luck supper to follow)
Names may be listed for \$3.00 each.

Saturday, December 19th
Christmas Party & Yankee Swap
Dinner @ 6 P.M.

American Legion Ross Wood Post 20 wishes all our Veterans, Service Members and Community a Merry Christmas.

Ride The Rails Against Hunger

LINCOLN, NH – The Hobo Railroad announced today that their 3rd annual "Ride the Rails Against Hunger" event is scheduled for Saturday and Sunday, December 19 & 20, 2015. The purpose of this event is to generate awareness of, and support for, the Lincoln-Woodstock Food Pantry, which is based at the Lincoln-Woodstock Community Center located on Pollard Road in Lincoln, NH.

Depending solely upon donations from area residents and local businesses, the Lincoln-Woodstock Food Pantry currently assists an average of 35 families per week without any product or monetary assistance from the State of New Hampshire, Grafton County or the New Hampshire Food Bank program.

"We're looking forward to making a difference

once again this holiday season by collecting as many non-perishable food items and monetary donations as we can over the 2-day period to assist the Lincoln-Woodstock Food Pantry in meeting their objectives and replenishing their shelves", stated Benjamin Clark from the Hobo Railroad."

Those traveling to the Lincoln-Woodstock area during the weekend of December 19-20, 2015 are encouraged to stop by and help the cause. Non-perishable food items and monetary donations of any size are welcome. Items can be dropped off at the Hobo Railroad in Lincoln, NH any time between Noon and 5:00pm on Saturday or Sunday, December 19 & 20, 2015.

As a way to thank those who contribute to the Lincoln-Woodstock Food Pantry through this program, anyone dropping

off at least \$5.00 worth on non-perishable items or monetary donations will receive three (3) raffle tickets towards a post-event raffle. Additional raffle tickets will be available for purchase at the event. The prize drawing will take place on Monday, December 21, 2015, following the event for a variety of prizes donated by local merchants and participants don't need to be present to win.

Raffle prizes include tickets to the Hobo & Winnepesaukee Scenic Railroads, a Country Gift Basket provided by Fadden's General Store in North Woodstock, NH; a pair of mid-week, non-holiday lift tickets to Loon Mountain for use during the 2015/2016 winter season; a one-night mid-week non-holiday stay for two with dinner at the Indian Head Resort in Lincoln, NH as well as a limited edition Amp Energy-branded Burton Snowboard donated by the Pepsi Bottlers of Conway and Varsity Beverage.

"We're excited about the Ride the Rails Against Hunger event returning again this year", stated Justin Chaffee, Program Coordinator at the Lincoln-Woodstock Recreation Program and the Food Pantry. "A year ago we were assisting an average of 30 families per week and we've unfortunately seen that number increase to an average of 35 families per week this Fall. The donations taken in by this annual event go a long way in helping families in throughout the community get through the holiday period. We're probably the only organization in the area hoping fewer people will need to walk through the doors as we get closer to the holidays!"

For more information regarding the 3rd annual Ride the Rails Against Hunger event in support of the Lincoln-Woodstock Food Pantry, call the Hobo Railroad at (603) 745-2135. The Hobo Railroad is conveniently located in Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds.

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Seventh Generation Robie Farm Conserved in Piermont

PIERMONT – Ammonoosuc Conservation Trust (ACT) has conserved another historic dairy farm along the Connecticut River.

The 150-acre Robie Farm is located on a beautiful stretch of the Connecticut. Pastoral fields dotted with dairy cows sweep down from NH Route 10 to the river.

“This place undoubtedly would have become a trophy home site, or sites, if not for conservation,” said ACT Executive Director Rebecca Brown.

Earlier this year, ACT conserved the 150-acre Johnson Farm on the Connecticut River in Monroe.

Farm owners Lee and Betty Sue Robie live and work on the land with their sons Freeman and Mark. Their grandchildren, Eli and Lisette, mark the seventh generation to grow up on the farm.

“We wanted to make the farm viable for the next generation,” said Betty Sue Robie. “We want it to be a working farm that is a productive source of food and fiber forever.”

With small dairy farms all over New England going under because of the pressure of low milk prices and high costs, the Robies several years ago decided to diversify their business and respond to the fast growing interest in local food. Instead of selling only milk, they started producing artisanal cheese, humanely raised beef, pork, and veal, and raw milk. Their products are carried in over 50 markets and restaurants as well as their own farm store. Their cheeses and meats are often featured at Molly’s and the Canoe Club in Hanover.

The Robie Farm is situated in an area that is home to wildlife and dynamic ecosystems. Along the riverfront there are silver maple floodplain forests, an important ecosystem that accommodates flooding and stabilizes the riverbanks from erosion. Federally endangered dwarf wedge mussels live in the riverbed.

ACT was initially approached about the project

by The Trust for Public Land, a national non-profit conservation organization with a mission of “conserving land for people.” The Trust for Public Land brings expertise in real estate, law, finance and fundraising, but does not hold land or conservation easements over the long term. The Robies needed a conservation partner like ACT to that shared their vision for their farm, understood the complexities of conserving a working farm, and was flexible in considering new uses like agri-tourism.

“It was love at first sight,” said Betty Sue recalling when she first met the ACT team. “ACT understood what we wanted to do and how we wanted to run our farm business.”

“Our work is about forming relationships with people, and honoring the long-term vision they have for their land,” said Brown. “Creating a conservation agreement takes time and attention to detail, flexibility and creativity.”

ACT now holds the permanent agreement, called a conservation easement, on the property. The easement stipulates that the conserved land will not be developed, but encourages its use for farming and forestry, and recreation. A canoe campsite may be established on the riverbank, for instance.

In an important new role for a New Hampshire land trust,

ACT also brought farm business expertise to the Robies through its partnership with the New Hampshire Community Loan Fund. ACT and the Loan Fund are working together with several North Country farms on ensuring that the farm businesses are thriving, as well as the farm land being conserved for the future. Business technical assistance includes financial management, debt consolidation, and marketing.

“Conserving farm land is a key tool in agricultural economics,” said Brown. “Farm owners can be paid for the development rights on their land. How they use that cash to strengthen their business is where the NH Community Loan Fund brings its expertise. Our two organization work together with the farmers to ensure that the business and the conservation interests are each served and support each other.”

The land conservation and farm business building collaboration between ACT, the Robies, and the Community Loan Fund is a potential model for other farms in the state, added Brown. The Russell Foundation and USDA Rural Development have supported ACT in this pioneering approach to farmland conservation.

The Trust for Public Land managed the project for the complex Robie endeavor



and led the fund raising and real estate due diligence. The USDA Natural Resource Conservation Service assisted with agricultural planning. NRCS was also a major funder through its Agricultural Land Easement (ALE) program. NRCS may contribute up to 50 percent of the fair market value of the agricultural land easement. Where NRCS determines that grasslands of special environmental significance will be protected, NRCS may contribute up to 75 percent of the fair market value of the agricultural land easement.

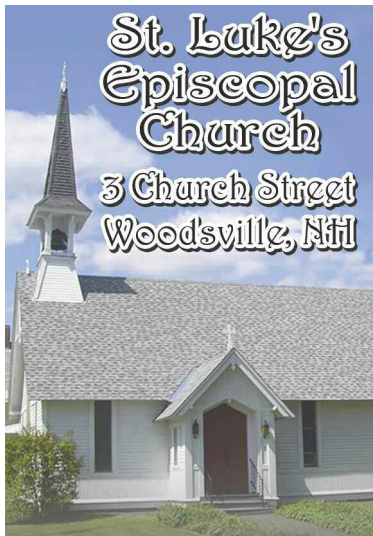
This project was also supported in part by funds from the sale of the Conservation License Plates (Moose Plate)

through the NH State Conservation Committee grant program. Funding was also contributed by the NH Land and Community Heritage Investment Program, NH Charitable Foundation, as well as other private individuals and foundations.

You can visit the Robie Farm store just south of Piermont village to sample their cheese, buy raw milk, cheese, eggs, meats, and bacon, and locally made jams and jellies, as well as Betty Sue’s fresh made bread.

To learn more about conserving farm and forestland in the North Country, please visit ACT at www.aconservationtrust.org or call (603) 823-7777.

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The G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School sent five members to the annual NHS Fall Leadership Conference. The conference was well received by all who attended.



Julie Nadeau, a volunteer Meals on Wheels driver, left, Peg Keach, Passumpsic Savings Bank branch manager at the Railroad Street, St. Johnsbury location, and Jenny Patoine, NEK Council on Aging program coordinator, prepare to deliver "blizzard boxes" to seniors. Thanks to a generous \$2,000 gift from the bank, home-bound residents in all three counties will have three additional, nutritionally balanced, shelf-stable meals should a storm prevent a Meals on Wheels delivery this winter. Due to five years of level-funding of the federal Older Americans Act which underwrites Meals on Wheels, Passumpsic Bank's donation allows 400 older Vermonters to have two days of extra meals.

Haverhill Recreation Cold Turkey Plunge Photos



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North Country Heart and Soul

By Marianne L. Kelly

"It's beginning to look a lot like Christmas!"

As we get closer to the big day, there are always last minute gifts to buy, along with gifts for those who challenge one's creativity, but who wants to stand in line in stuffy, over crowded box stores while trying to decide what commercial product to purchase?

Try thinking "outside the box" this year, and shop at

one of the many local fairs and festivals whose vendors offer unique gifts bound to bring a smile to the recipient's heart...and not found in box stores.

North Country Heart & Soul is hosting a last minute shopping spree on Saturday, Dec. 12 from 10-3 in the Bradford Methodist Church Hall. Here, among our 24+ vendors, you will find food, crafts, collectibles, books, direct sellers, and more.

Get your knives and scissors

sharpened to "A Sharp Edge," and ready for holiday duty, while you explore all this market offers. You can also get a ten minute chair massage to sooth those aching muscles.

New to this market is a children's book by a local author and artist called "The Mollie Chronicles-Rescued!" that will touch the hearts of kids of all ages and can be autographed and personalized.

A special visit from Santa

is on tap, so gather up the kiddies and bring them with you!

A light lunch will be served with dessert and beverage also available.

For more information email mlkelly9258@gmail.com.

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Letter To The Editor

Dear Trendy Times editor;

As we start the month of December, I can't help but to feel deep sadness knowing that bobcats may be legally trapped in Vermont starting on December 1st. Recently, the California Fish & Wildlife Department voted to ban the trapping of bobcats, citing their value and significance. Our neighboring state of New Hampshire has banned bobcat trapping since 1989, yet Vermont still seems stuck in the dark ages. May I add though, that NH FWS has approved the first phase of review to once again allow bobcat trapping. Surveys and petitions clearly indicate most of NH residents do not support a re-opening of bobcat season. The gains of tourism for wildlife viewing, and the appreciation by NH residents for protecting their wildlife far outweigh the small profit and barbaric practice of trapping.

As an avid outdoors person I am writing out of deep concern for our wildlife. The Vermont Fish & Wildlife Department's mission is: "working with others to conserve, protect, and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people." Reading this leaves me to question the agency's ongoing support of trapping, which is inherently indiscriminate, inflicts prolonged suffering and results in the non targeted capture of wildlife each year.

I am appalled by the photos that trappers post on social media of coyote, bobcat and a host of other animals trapped in leghold and Conibear traps. These animals languish in fear and pain, only to be goaded, prodded, and photographed for "selfies" in this bizarre, violent, and barbaric practice of showcasing an animal's suffering with absolute disregard for the life of that animal. Most of these animals are trapped for their fur, which is unthinkable in the 21st century.

It is frustrating that Vermont allows for OPEN SEASON on coyote and additionally allow for trapping season as well. I have spoken with several people over the years who no longer hear the howls and yips of their beloved visitors; only do they hear of the ignorant who regale in the reckless killing of these highly intelligent animals out of pure pleasure. How does the FWS humanely allow coyote pups to be killed or worse; orphaned?

Our predators are key players regarding disease control. Lyme disease and other tick borne co-infections are on the rise; the role that our predators such as coyote, bobcat and fox play in the NATURAL management of mice that carry the disease carrying tick/vectors is essential.

Another area of concern is how the VT FWS does not require reporting of indiscriminate trapping

of pets, and other species of concern such as the endangered American Marten, and raptors. There were 22 American Marten captured and killed in traps as of the most recent documentation and yet, the FWS commissioner refused to acknowledge indiscriminate trapping happens.

To quote Camilla Fox: "The value of one live bobcat to the millions who enjoy wildlife watching far outweighs the profit a lone fur trapper makes off a bobcat that has been killed." "Trapping bobcats is ethically indefensible, ecologically unsound, and economically unjustifiable." Trapped animals are generally drowned, clubbed and/or suffocated to death.

I am writing as an appeal to our public to strongly consider not the "traditions" of the past, but the essence of protection and sustainable conservation that is necessary today; for the benefit of our wildlife and our future generations.

"We still have a long way to go. But we are moving in the right direction. If only we can overcome cruelty, to human and animal, with love and compassion we shall stand at the threshold of a new era in human moral and spiritual evolution—and realize, at last, our most unique quality: humanity."

— Jane Goodall

O Sobko
Fairlee, Vermont

Dear O.,

I am not and have never been a trapper. I am no longer a hunter, though I must say I never was much of a hunter. But I do still enjoy the woods and the wildlife that our countryside supports. It is nice to be able to see a deer, or fox, or many other types of wildlife. But I am not sure that bobcats or coyotes, by themselves, bring tourists to this area. It seems that the big game (deer, moose, bear) get the headlines and the photos. Indeed I believe it is the landscape and the wildlife as a whole, including all aspects, that make this such a desirable place to visit or live.

I am also no expert on wildlife management. But both Vermont and New Hampshire employ such experts whose job it is to keep a balanced and sustainable wildlife population. This includes everything from the mice you mentioned, to the bobcats and coyotes, all the way up to the deer, bear and moose. It is not an easy task

no doubt. I would also venture to guess that it is not an exact science. Any area can sustain only a certain number of any of these previously mentioned species. When that number gets out of balance nature will step in to regain the balance. That correction sometimes comes in the form on a particular species running out of their food source. When that happens the species will die off on its own. The job of those state employed experts is to attempt to stay ahead of such imbalance by means of hunting and/or trapping or the ban on either.

The trapping methods you mention do seem to go against what most would feel are humane actions. I can not defend those acts, but wonder if it is all trappers, or just a few who use these methods. I do not expect government to handle every action of every individual, but I do hope that if a problem gets out of hand, some control will be enacted.

Gary Scruton, Editor

Letter To The Editor

To the editor,

Soon we well be celebrating the Birth of Jesus, A refugee. Will we turn him away as well.

"Destitute and on the run, a man and his pregnant wife were running for their lives. Their baby was due soon, and as they looked for a place to prepare, fearful people turned them away. Without any medical care, the baby was born in a barn. Days after the birth, the new family had to get back on the road to escape violence and persecution.

This child could have come from Syria. But the young child in this story is known as "Jesus", who, in the Christian tradition, brought a radical message of peace and welcome to a world in desperate need of healing.

Since the violence in Paris, Beirut, Egypt and across the world, more than half of U.S. Governors are saying they want to refuse entry to Syrian refugees, and both the U.S. Senate and House of Representatives are proposing legislation that would stop the resettlement of Syrian refugees and slash refugee resettlement programs as a whole.

As people of faith, we have an urgent moral responsibility to let politicians know that we believe in -

and will fight for - an America that welcomes the sojourner and loves our neighbors.

"What well the American people do, as many say they are a Christian country or is it CINO. "I have other sheep that are not of this fold." (I believe speaking of other religions) We've worn bracelets, wrote statements, spoke these words;

"What would Jesus Do?" I don't know. What will our members of Congress do, our Governors, now that its up to them to commit, make a lifetime decision, that will change the lives of millions of refugees, families, the world or will they again leave it up to the POTUS BO. If it works, take credit, if it doesn't Blame Obama.

Its their turn, one has to decide. Its not a Republican or Democratic thing, its the US Constitution. Congress has to VOTE, its in the Constitution, its the law, its their job. They swore an oath to the US Constitution.

We've heard and seen many froth at the mouth for more War. Again, will we finally go to WAR, legally? Or will we try Diplomacy .

I wonder "What would Jesus Do?" What would other "Messengers of God Do?"

Nancy Leclerc
N. Woodstock, NH

Nancy,

You ask a great question Nancy. What should our representatives do? What should we do? As so many of these questions are, it is not a simple yes or no. Even though on the surface it appears like it should be. Do we allow refugees from Syria, or other countries, to resettle here in America? Or do we shut our doors and not allow them to cross our border?

Remember that there is a big difference between refugee and immigrant. A refugee, by definition, is a person who is "forced to leave their country in order to escape war, persecution, or natural disaster". While an immigrant "comes to live permanently in a foreign country." Using these definitions one would assume that those refugees will move back to their country once the persecution, war or natural disaster ends. I am sure that does not always happen.

But still, do we shut our doors? This country was founded by refugees. Since then there have been many, many immigrants and even more refugees. Is now the time to end that tradition?

Gary Scruton, Editor

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Holiday Spending - Can Help Teach Children About Money

During this holiday season, you'll likely be spending money, in various amounts and in various ways. And you can use this experience to teach your children about money management.

Here are a few ideas for doing just that:

- Stick to a budget. Tell your children you've set aside a certain amount of money for gifts and holiday events, such as hosting parties, and that you won't exceed it. And if you have saved money throughout the year in a special holiday fund, let your kids know about that, too. This information should help impress upon them the importance of sticking with a budget and saving for a goal.

- Discuss credit and debt. Ideally, you won't have to use your credit cards to an unusual degree during the holiday season. If you

do, though, explain to your children that using a credit card is not the same thing as "free" money, and that your goal is to pay off the card as soon as possible, so that you won't have to pay even more for your purchases in the form of interest payments.

- Compare short- and long-term goals. Explain to your children that your holiday spending is the result of having saved for, and met, a short-term goal, but that you are also saving for long-term goals, such as retirement. Depending on the age of your kids, you might want to go into somewhat more detail, such as describing, in general terms, the different ways you save for the different goals. For example, for your holiday spending, you might be drawing on money from your checking account – or, as mentioned above, a holiday

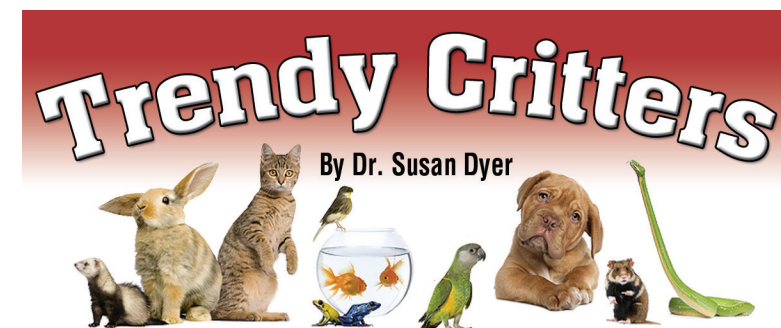
achieving them.

- Introduce your children to investing. If you've already brought up the topic of saving for long-term goals, why not take it a step further and give your children a doorway into the investment world? Specifically, consider giving them a few shares of stock, possibly in companies with which they are already familiar, and help them follow these stocks. One way of giving stocks to children is through a custodial account, which can be opened under the Uniform Transfer to Minors Act (UTMA) or the Uniform Gifts to Minors Act (UGMA). Keep in mind, though, that once your child reaches the age of majority – usually 18 or 21 – he or she gets full control of the money in the account. Plus, your gift is irrevocable.

- Be generous. If you're going to make charitable gifts, let you kids know about it – or even let them help pick the charities. It will show them that one purpose of wealth accumulation is to give back to the world.

By providing some financial education to your kids this holiday season, you'll be giving them a gift that can last long after the festivities have ended.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



Avoid Holiday Food Dangers

We love our pets and want to thank them for being in our lives over the holidays, especially since everyone else is pigging out too! Thank your pet with a new toy or reasonable portions of non-fatty treats so as not to end up at your veterinary office with your pet. Remember, pets can't count, so they don't care if they get a tablespoon of white turkey meat with no skin, or a bowl, they'll just be happy they got some! And you'll not set off their stomachs which leads to diarrhea and vomiting.

- *Skip the Sweets:* By now you know not to feed your pets chocolate and anything sweetened with xylitol, but do you know the lengths to which an enterprising pet will go to chomp on something yummy? Make sure to keep your pets away from the table and unattended plates of food, and be sure to secure the lids on

garbage cans.

- *Leave the Leftovers:* Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends. Pets can join the festivities in other fun ways that won't lead to costly medical bills.

- *Careful with Cocktails:* If your celebration includes adult holiday beverages, be sure to place your unattended alcoholic drinks where pets cannot get to them. If ingested, your pet could become weak, ill and may even go into a coma, possibly resulting in death from respiratory failure.

If your pet does come down with vomiting or diarrhea during the holiday, please call your veterinarian immediately. Whether your pet is a dog or cat, what it may have eaten, and its signs will all determine its need to be seen sooner or later.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Angela Frances Ricker - OBITUARY



Orford, NH- Angela Frances Ricker, 11, of Huckins Hill Road, died peacefully, in the home in which she was born, surrounded by her family, on Saturday, December 5, 2015.

Angela was born on October 8, 2004, in Orford, to David Weldon and Melinda (Crouch) Ricker. It was a warm October day and she arrived to the joy of her brother and sister, Grandpa Wayne and Grandma Joyce, midwives Laurie Foster and her assistant, and our dear friend Eva Behrens (now deceased). She changed our lives in that moment and words cannot express our wonder and gratitude at that change. Angela was soon diagnosed with Patau's Syndrome (Trisomy 13) and brought home to live out her life, however long or short, with her family. Her extended family and friends from far and near came to meet her and be in her presence in those first precious few days and weeks of her life, which were expected to be short. Angela had her own stubborn spirit of survival and life, however, and stayed for 11 years. During those years she learned, she grew, she laughed and moved and reached for the light and for life. She taught those of us who knew her much about strength, weakness, determination, hardship, joy, loss, and love. Some things she loved: looking at the light--the dappled sunshine through the trees or the

dancing flames of the fire-- , music (especially hearing her siblings practice their violins or laugh and rough-house with her), mischief, hugs, tactile and noisy toys, and the sound of children's voices in the halls of Samuel Morey Elementary School or the pavilions of Pine-woods Camp. She touched so many hearts over the years, of people all over, surprising and moving them with her smiles, hair-tugging hugs, her determination to keep trying, keep learning, keep living. As someone once said, "I guess she's just here to bring down love, then, huh?". She brought down love in abundance, she taught doctors and parents alike to challenge assumptions, and she challenged her family to push their limits of patience, forbearance, open-heartedness, and resilience. Her touch on this world was gentle but insistent, and will echo throughout so many lives and moments. We are bereft to lose her and so blessed to have known her.

She is survived by her parents, David W. and Melinda Ricker of Orford; her siblings, Karina W. Ricker, Dylan H. Ricker, and Erin C. Ricker, all of Orford; her maternal grandparents, Wayne W. and Joyce B. Crouch of Amherst, MA; and her paternal grandparents, E. David and Nancy S. Ricker of Naperville, IL. Angela is also survived by her aunts and uncles: Jennifer Meizen and husband David of

Carlsbad, CA and their children, Elizabeth and Michael; Gretchen Ricker Nerison and husband John of Elmhurst, IL and their children, Erik and Max; Douglas Ricker and wife Kathryn Legree Ricker of Woodstock, GA and their children, Anna, Jack and Ava; and Andrew Crouch and wife Catherine of Swarthmore, PA, and their children, Tim and Amy.

A time to remember and to celebrate Angela's life will be held on Tuesday, December 8, from 5-8 PM at St. Martin's Episcopal Church, Lake Morey Road East, Fairlee, VT.

A graveside service will be in the Orford Street Cemetery, Orford on Wednesday, December 9, at 3:15 followed by a funeral service at the Orford Congregational Church, Main Street, Orford, at 4PM with Father Mark Preece, officiating.

Angela's family would like to thank SOFT, the Support Organization for Trisomy 18, 13, and related disorders, for the invaluable support and information they have provided to them over the years. Therefore, in lieu of flowers, memorial contributions may be made to SOFT, 2982 South Union Street, Rochester, NY 14624, or online at www.trisomy.org

For more information, or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Lee Patrick Mahle - OBITUARY ¹⁵

Lee Patrick Mahle age 60 passed away quietly at his home in Bath, NH Wednesday December 2nd 2015. The son of Lawrence Mahle and Loretta Sorensen was born at Oak Knoll Military Hospital Oakland, California in 1955. In his younger years, he loved to play the organ, and put on puppet shows at the puppet theater his father had built for him. After receiving his Master's Degree, he pursued his passion to teach. Teaching at the Fremont High School, he then taught for the military at the nearby naval base. He tried his hand working for a bank trust department for a couple years, but found his true love/gift was to teach. In 1994 he traveled to New Hampshire to teach at the Colebrook School for one season. Shortly after returning to California, Lee and his father decided to move from California to Twin Mountain, NH. Here he worked at the Mount Washington Hotel for a while until a teaching position opened up. He has taught at Dalton, Lancaster, Whitefield, and the Bath Village School before retiring. Traveling was his favorite hobby, having traveled with his parents for many years; He continued to travel with his childhood friend of almost 50 years, traveling to Europe, several locations in the states and even a couple cruises. His other hobby besides writ-



ing was driving and showing off the classic car collection. He has published a book of poems "Mimir's Well" and has received recognition by the National Library of Poetry. Lee is a proud member of the Sons of the American Legion honoring his father Lawrence Mahle, Retired Navy.

Lee is survived by his brother Lance Mahle of Grass Valley, California along with several nephews' and extended family in Sacramento, Calif. Lee loves all animals and has had several pets, his cat Bucky, his dogs Ladd, Donna, Kessha, and Freya.

There will be a Friends and Family gathering on Thursday December 10 from 5 to 6 followed by a Celebration of Lee's Life at Ross Funeral Home, 282 West Main St. Littleton, NH 03561. Those who wish may make donations in Lee's memory to Best Friends Animal Society at www.Bestfriends.org. For more information or to share memories and condolences go to www.RossFuneral.com



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Sunday December 20

at the regular worship service at Newbury Church there will be a **Christmas Pageant for All.**

Anyone is invited to participate from kids to adults. Please bring your own costume and come join us.

There will be no lines to learn, just music - some original and folk scarol - and fun with a great message!

Rehearsal is required Saturday December 19 at 4:30 with a pot luck following the rehearsal in Newbury.

If you have questions please call Selenda Girardin at 866-5676.

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Not all Times are Trendy, But there Will Always be Trendy Times

December 8, 2015

Volume 7, Number 5

Aerial Cover Crop

Seeding

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Early this fall a number of people described an odd sight: a helicopter with a large suspended pouch flying in circles. They couldn't imagine what it was doing. I saw it too, and it did look unusual. As it often is, the answer was much simpler than most thought. The helicopter was seeding cover crops.

The project is actually a statewide collaboration between the Natural Resources Conservation Service (NRCS) and farms to test the use of helicopters to plant cover crops.

Cover crops are used during the off season when a field would otherwise be left bare. Primarily they are used to minimize the risk of erosion by keeping the soil covered, hence the name. However, they can also be valuable because they capture soil nutrients that might be left over at the end of the season, and because they add organic matter to the soil when they are tilled in prior to planting the cash crop. Depending on the cover crop species used, they might have additional purposes. For example, tillage radish have large deep roots that can be used to break up

soil compaction.

Cover crops sound perfect but we don't see them in every farm field because there are a couple of challenges to using cover crops in northern New Hampshire. Most winter cover crops need to be planted in August or September in order to germinate in time to survive the winter, and thanks to our short season it is not always possible to get the main crop harvested and the cover crop planted in time.

In the case of field corn, aerial seeding allows the farm to plant the crop three weeks prior to harvest, so that the seed goes in in time for good winter survival. Three weeks is the target time frame because it gives the cover crop enough time to germinate and get to the proper size for surviving the pressure from tractor traffic during harvest.

The idea was actually tried years ago using fixed wing aircraft but the results were mixed. It turned out to be a challenge to get the seed exactly where it needed to be, especially in fields that are not conveniently shaped like a square or rectangle. The hope is that with a helicopter it will be easier to seed the cover crops more exactly.

If you would like more information on NRCS's aerial cover crop seeding program, contact Beth Ann Finlay at 603-353-4651 x106 or beth-

Fourteen people were brutally murdered in San Bernardino this past week. Another seventeen were injured. The FBI was called in immediately. The San Bernardino police and the FBI knew who the shooters were but did not tell the public. We were told that the FBI was on scene just in case it became a case of terrorism.

We now know the shooters. And it was terrorism. And we knew it was terrorism and not workplace violence from almost the very beginning but the media would not say it.

Syed Farook was born in the US. He had a steady job and was well liked by fellow employees. His wife, Tashfeen Malik, was born in Pakistan. She came to the US on a fiancée visa. She was vetted by the US government as safe to enter this country.

Yes, she was vetted using the same vetting process that the Democrats and our President says is safe, and want to use to vet the refugees from Syria.

I do not care about diversity at this time and neither should you Mr. President. You should care about the safety of the American public, in their homes, work places and anywhere from terrorists... Muslim terrorists.

Well Mr. President. Your vetting process is not so safe. And because of your ignorance fourteen people are now dead. Wives are without husbands. Children

are without mothers and fathers. Husbands are without wives.

It is terrorism. Malik made a pledge of allegiance to ISIS.

We must stop the Muslim refugees from entering this country. Our President has sworn to defend the US. We cannot properly vet them and one death because a terrorist comes in to this country is one too many and we already have fourteen innocent people.

If you want to help the refugees, find a safe place in the Middle East. (Why not Saudia Arabia? The Saudis have not taken in any refugees. Could it be that the Saudi lobby in Washington DC does not want any refugees in their country and it is okay for the Saudis but not ok for America?) Keep them in a secure area and keep it safe. They do not need to come to this country. Most of them actually want to go home, but it is not safe yet. So help them stay in a safe place in the Middle East and then they can return home when ISIS is destroyed, and destroyed it must be.

Presidential candidate Ben Carson went to the Middle East recently. I heard him on the radio. He said we must use the internet like ISIS does to destroy their spreading of their ideas. We need to shut down the oil which gives them money. Trucks have been filmed travelling into Turkey. We are now bombing the trucks. We give them warning. This is war and the drivers want to kill us. Bomb the trucks and the oil wells. Shut them down.

We need to empower the FBI with enough personnel to follow anyone they feel is a threat to our security. The FBI needs personnel.

Instead the President hired 16,000 IRS employees for Obamacare so they can tax us.

Immediately this became an issue for gun control. This has nothing to do with guns. The couple had a storehouse of guns, ammunition and bombs. How many would have died if they used bombs? How many would have been more severely injured if they used bombs?

This is not rocket science. Have we forgotten Alfred P. Murrah Federal Building bombing. The death toll was 168. The number injured was 680.

Would we rather terrorists use bombs? Would we rather the mentally ill that do many of the recent shooting use bombs? I think not.

In 2014 the FBI stated that more people were killed by knives than guns. Do we ban knives? I do not hear anything about knives? Do you? Why not?

Many people tweeted to say prayers for the families and survivors? The left said we should not do this. Why not? We are a country with freedom of religion. I am tired of people not wanting any prayers because it might offend someone.

We cannot say Christmas tree. We should say "holiday tree." It is a Christmas tree. Why should we call it something else?

This is just an agenda. It is so sad they the left used this sad happening to promote what they want.

I want a safe country. I want religious freedom. I want freedom to own guns. The liberals are offending me. But that seems to be okay. When will we learn?

Linda Riley
Meredith NH

Linda,

These attacks on US territory should be very concerning to every one of us. The idea of having a bomb go off in our streets, or in a building, or anywhere, can quickly send a chill through most anyone.

At the same time can we blame just refugees? Or perhaps only people of a certain religious belief? Or maybe just those who do not believe just as we believe? That does not seem as though it would end well.

The loss of life is never easy. Whether it is by sudden attack, or by disease, or by accident, life without a loved one becomes more difficult. But again, is that a reason to put up fences and keep out all the honest people who want to make a better life here in America?

Caution and care must now be a part of every day life. Not only for your own health and well being, but also for your neighbors.

Gary Scruotn, Editor

Send Your Letter To The Editor To:
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The December 22nd issue of Trendy Times will show off our front door full of Christmas Cards.

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Council On Ageing Caps Year Of Significant Change

GREENSBORO – With a farewell nod to its former name as the Northeastern Vermont Area Agency on Aging, the revitalized Northeast Kingdom Council on Aging forged ahead with plans for the coming year at its annual meeting held Nov. 19 in the UCC Fellowship Hall, here. “A new identity allows us to re-direct ourselves in a broader mission [that goes] beyond fulfilling statutory requirements,” said Board President John Perry. Framing his remarks by using the Council’s first-ever tagline, “new directions for living well,” Perry said the non-profit corporation and the clients it helps with both services and programs “can no longer expect [the] government to provide for our every need.

“...yet we know the needs of seniors are growing as the population of those aging here in the Kingdom grows, lives longer, and demands more,” he said.

Before a crowd of 60 community partners, including directors of some of the 17 senior meal sites and commercial kitchens that prepare Meals on Wheels and which the Council supports with funds from the Older Americans Act, Perry added, “We have to stand up and figure out new directions for living well. That’s the challenge. I know we can meet it.”

One of the new approaches that helps older Vermonters age with dignity and in the security of their own homes is the highly regarded Veterans Independence Program (VIP) administered by the U.S. Department of Veterans’ Affairs and the Area Agencies on Aging.

“Every constituent I’ve ever sent to the Council on Aging for services of any kind has gotten back to me, thankful for the referral,” said state Representative Chip Troiano who was the event’s guest speaker.

According to the Vietnam War veteran, Vermont has the second largest enrollment of veterans in VIP after Florida. The program covers a broad range of expenses that include adult day ser-



State Representative Chip Troiano, left, gathers with Council on Aging Executive Director Lisa Viles, 2015 Community Service Award recipient Frances Dewing, Board President John Perry, Nutrition Coordinator Lallie Mambourg and Vermont Association of Area Agencies on Aging Executive Director Angela Smith-Dieng at the Council’s recent annual meeting.

vice, home modifications, adaptive devices, chore and maintenance services, and personnel care.

“It saves the Veterans Administration money and it saves Medicare money,” Troiano added.

Other statistics shared with the audience came from the Council’s Executive Director Lisa Viles.

“Vermont is number two in the nation of residents who are 65 or older,” Viles said. “We are quickly catching up to Maine.”

New directions for living well includes a focus on changing behavior, she added.

“Only 10 percent of the challenges faced by seniors are medical,” she explained. “Forty percent are either genetics or environment.

“Fifty percent is how we live our lives,” she said. “New directions have a lot to do with exercising, making better food choices, maintaining our own physical and emotional health, especially if we

are caregivers, and looking out for our neighbors.”

As part of its long-standing mission to make the Northeast Kingdom a strong community in which to age well, the Council annually recognizes an exceptional volunteer who puts service above self.

Frances Dewing of Newport was recognized as the 2015 Community Service Award recipient. Her volunteer contributions include feeding thousands of residents for more than a decade as the lead cook at the Community Thanksgiving Dinner in Derby, delivering Meals on Wheels, preparing lunch for American Red Cross blood drives, washing dishes for the monthly Derby Senior Meals, helping Habitat for Humanity build a handicap ramp through her affiliation with the Eagles and its Auxiliary, and participating in countless volunteer projects sponsored by Elks Lodge #2155 of which she is secretary.

The Boots

by Elinor Nawson

Although she had 3 siblings, it was she and her father who took care of her bedridden mother that summer.

Her mother had had orthopedic surgery which had gone terribly wrong; she had to spend 3 months in traction before the mistake could be corrected. Because of health care constraints, the family decided to take care of her at home; it took a lot of paperwork as well as commitments to make the plan work.

Every day, she came to her parents’ home, made the breakfast and lunch, and tended to all her mother’s needs. It wasn’t something she was comfortable with, but she found that it was a very loving experience. Although she had a home and family and even a part-time job, she managed to fit everything in.

Some days were more difficult than others. She tried not to be resentful of her three siblings; they seldom called on the phone and almost never came to visit. Once in awhile a relative would stop in, and even bring a casserole or a soup; these visits and the food were very welcome.

For everyone the days were long. There was only so much to be done housework wise, and she would find herself thinking of her own housework which seldom got done, and the books she was anxious to read. But thanks to her mother’s positive attitude and amazing patience, the days went by nonetheless, and finally it

was time for the surgery to take place. This time it was successful.

When her mother finally came home from the hospital and was able to get about on crutches, she began to pull herself away from her obligations to her parents. She was surprised to find that she had more time for her family again, as well as her part-time job.

Although she didn’t expect any reward for her busy summer, one day her mother said, “Your father and I want to give you something for all the care you gave us when I was bedridden. We have decided to let you pick out a pair of boots and we will pay for them.”

She was beside herself! It was during the time when everyone was wearing dressy boots, and she was dying for a pair. She decided then and there she would go to a place that specialized in boots and it didn’t take her long to find just what she wanted.

The next time she saw her mother she took her boots. She exclaimed and modeled them and told her parents how happy she was.

Her parents seemed happy too. They admired her lovely dressy black boots and said that she had truly earned them.

And then her mother said, “One of your sisters got brown boots and the other one got tan”. They are very happy with them.”

She took her boots and went home. And for some reason, she hated those black boots every time she put them on.

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December 8, 2015

Volume 7, Number 5

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Blood donors are needed to make sure patients in area hospitals have the blood they will need to survive.

Blood donors will have an opportunity to help avert a blood shortage on Friday, December 18th. The Haverhill Police Department will be hosting its annual holiday blood drive with the American Red Cross which will be held at the Morrill building in North Haverhill, NH from 12-6

PM and donors of all blood types are needed.

Blood is used for many surgical procedures, bone marrow transplants, trauma, and chemotherapy. For some patients, such as the victim of an automobile accident, the need for blood is sudden. For others, ongoing transfusions are needed to sustain life-saving medical treatment.

Potential donors must be at least 17 years old, weigh at least 110lbs. and

be in good health.

For more information or to make an appointment, call the Red Cross Blood Services at 1-800-RED CROSS or visit us online at:

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“Medicare Boot Camp” at NVRH St Johnsbury



Do you have questions about joining Medicare – the federal health insurance program for seniors and people with disabilities? Here’s your chance to learn more from an expert without anything to sell.

On Thursday December 17, 2015 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Persons working in the Health Care Field are also invited to attend. The workshop will be held in conference room #127 at Northeastern Vermont Regional Hospital..

It’s easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses Medicare program basics. Topics include fraud prevention, supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations are limited and can be made by calling Pat or Andrea Labor at the Area Agency on Agency at 802-748-5182.

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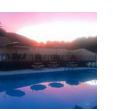
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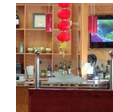
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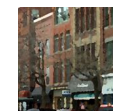
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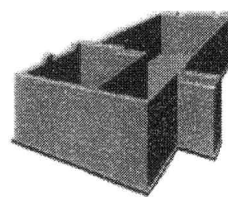
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Volume 7, Number 5
December 8, 2015
Not all Times are Trendy, But there Will Always be Trendy Times

Herbs For Mental Stimulation

One of the largest areas of interest in herbs in the past 10 years or more has been herbs for mental stimulation. Numerous products, in capsule, tablet and tincture forms, are being sold in health food stores, chain stores... which claim to increase mental performance and alertness. In general, most of these products derive their stimulating properties from the inclusion of herbs containing either caffeine or ephedrine, although some of the most recent entries are based on the actions of newly introduced herbs like Gingko Biloba. Caffeine is a xanthine alkaloid with central nervous system stimulating properties. In addition, caffeine acts as a diuretic, smooth muscle relaxant, and circulatory stimulant. "Persons ingesting caffeine or caffeine-containing beverages – usually experience less drowsiness, less fatigue, and a more rapid and clearer flow of thought. Under experimental conditions, caffeine produces an increased capacity for sustained intellectual effort, decreased reaction time, and a more perfect association of ideas. Caffeine also acts as a respiratory stimulant as in cases of respiratory depression due to effects of drugs like barbiturates and opioids. These herbs following are caffeine-free and act as though they are, each amongst themselves are worthy and safer than coffee and other nationally advertised constituents.

Herbs recommended for mental stimulation with NO caffeine:

PEPPERMINT, LEAF: (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties for

digestive and respiratory problems. Peppermint is an effective body cleanser and toner, promotes relaxation, and may be used for all kinds of aches and pains; as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; the oil is a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic; as a specific for morning sickness. Reduces bad breath and mouth odor from food; a relaxing pain remedy for headache and menstrual cramping; as a pick-me-up for fatigue. University students have benefited greatly through participation in loosely controlled experiments assessing the effects of Peppermint on test taking skills and examination scores. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3 & E.

SIBERIAN GINSENG: (Eleutherococcus Senticosus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially in rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function, and

raising sexual potency and vitality; relieves arthritis and other congestive problems, such as heart disease and chronic respiratory ailments.

SCULLCAP HERB: (Scutellaria Lateriflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Scullcap affects mental abilities by removing the nervous tension that often interferes with learning, recall, logical thinking and memory formation. In this regard, it very much resembles a muscle relaxant; as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination; as part of a treatment for bedwetting; as part of a tonic for promoting focused meditation; to relieve hiccups. Nutrients: calcium,

iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

WOOD BETONY HERB: (Stachys Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain; as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. It is used primarily to reduce nervousness through a mild sedative action.


Nutrients: choline, magnesium, manganese, phosphorus

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health; as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation; as part of a formula to alleviate menopause imbalance and pain; Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, se-

lenium, zinc. Vitamins B1, B2, B3 & C.

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.



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by Ronda Marsh

If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Cranberry/Orange Sauce For The Holidays

Editor's Note: Ronda continues to be a bit "Under the Weather" though she is hoping to be back in the Trendy Kitchen very soon. In the meantime we continue to bring back some old favorites. We wish Ronda a full recovery.

This Thanksgiving, I decided to try making my own Cranberry Sauce. I had read some recipes and seen cooks on TV do it, and it looked pretty simple. Besides, could it be any worse than that creepy jellied stuff that slithers out of the can and onto the plate with a weird sucking noise? I didn't think so! Thus began my search for just the right recipe. I quickly discovered that there are a lot of variations on a theme here; some folks like it pureed and jello-like, while others like a whole-berry sauce. Still others add nuts, apples, or raisins to the mix, or even a shot of liquor. Personally, I've always liked how a little

orange flavor mellows things out a bit when paired with the tartness of the cranberry. So I took what I liked best from several recipes and came up with my own version. Not only did it come out better than the canned stuff, but it far surpassed my expectations. The fresh cranberries pop open as they cook down with the sugar, retaining

some texture and providing little bursts of flavor as you chew. And let me tell you about the beautiful color of this sauce! Sitting on your table, it looks like someone spilled magnificent rubies into a serving dish...truly an edible decoration! This recipe makes about 2 cups of sauce, enough for dinner and then some. It's sure to be delicious in a turkey sandwich the following day, or as a glaze for a ham steak. And, since it will keep for a week or so in the refrigerator, it will give you an opportunity to dream up all sorts of uses for it. So, if you know anyone who's in the market for a few cans of store-bought cranberry sauce, just let me know. I'm cleaning out my pantry and making it myself from now on!

- 1 (12 oz. bag) fresh cranberries
- 1 cup sugar (plus a little more, if needed)
- 1 naval orange water
- 1/2 teaspoon cinnamon

Rinse and pick over the

cranberries. Place berries in a saucepan, along with 1 cup of sugar. Grate the zest from the orange and set aside. Halve and juice the orange in a one cup measure. Add water to the juice to measure one cup. Add to the berries and sugar. Bring pan to a boil over medium high heat, stirring occasionally to dissolve sugar. Con-

tinue to boil at medium heat for 7 to 10 minutes, until the berries have all popped, and the mixture is somewhat thickened. Taste and add more sugar, if needed. Remove from heat and add the reserved grated orange zest and cinnamon. Allow to cool, then store in refrigerator for up to a week.



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